

## **GRILLED SPICY THAI VEGETABLES**

**By Kimberli Washington, Public Information Office**



### **Ingredients:**

- 1 red Thai chile or small Serrano chile, seeded and chopped
- 6 baby bok choy, sliced in half lengthwise with stem and end left intact
- 1 large bunch scallions, thinly sliced
- 1 onion, cut into 1 inch pieces
- 1 red bell pepper, cut into 1 inch pieces
- 4 oz. fresh mushrooms, sliced
- 2 cups red, orange and yellow grape tomatoes
- 4 oz. sugar snap peas
- 1 lime, cut into wedges (for squeezing)
- 1 tablespoon lemongrass
- 2 teaspoons sugar
- 1 tablespoon fresh chopped or ground ginger
- 2 tablespoons lime juice
- 2 tablespoons canola oil
- 3 tablespoons reduced-sodium soy sauce
- Hot chili oil (optional)

### **Directions:**

- Using a food processor, combine soy sauce, canola oil, lime juice, ginger, lemongrass, sugar and chopped Thai chile or Serrano chile, and blend. Place in a dish with bok choy, scallions, onions, bell peppers and mushrooms; marinate for 15 minutes.
- Heat a grill to medium-high heat. Lightly grease grates.
- Remove vegetables from marinade (set leftover marinade to the side) and grill about 4 minutes on each side. Remove to a platter once done.
- Place a grilling grid on grill and heat for a few minutes. Grill tomatoes and sugar peas on grid for about 5 minutes, turning frequently. Remove to platter with other vegetables once done.
- Drizzle cooked vegetables with leftover marinade. Serve with lime wedges for squeezing and if desired, hot chili oil.

- Enjoy!!!

**Disclaimer:** It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.